
WEEKLY STATIONARY BIKING PROGRAM

Stationary bikes have odometers that tell you the speed in miles per hour and revolutions of the flywheel per minute. For the fast pedaling time, a general guideline for beginners is 8–12 miles per hour, 50–70 revolutions per minute. Set the tension knob on the bike so that the exertion makes you feel warm and slightly out of breath. As you get stronger, you can increase the tension.

	WARM-UP TIME	FAST BIKE TIME	COOL-DOWN TIME	TOTAL TIME
WEEK 1	Bike slowly 3–5 minutes	Bike briskly 5 minutes	Bike slowly 3–5 minutes	11–15 minutes
WEEK 2	Bike slowly 5 minutes	Bike briskly 8 minutes	Bike slowly 5 minutes	18 minutes
WEEK 3	Bike slowly 5 minutes	Bike briskly 11 minutes	Bike slowly 5 minutes	21 minutes
WEEK 4	Bike slowly 5 minutes	Bike briskly 14 minutes	Bike slowly 5 minutes	24 minutes
WEEK 5	Bike slowly 5 minutes	Bike briskly 17 minutes	Bike slowly 5 minutes	27 minutes
WEEK 6	Bike slowly 5 minutes	Bike briskly 20 minutes	Bike slowly 5 minutes	30 minutes
WEEK 7	Bike slowly 5 minutes	Bike briskly 23 minutes	Bike slowly 5 minutes	33 minutes
WEEK 8	Bike slowly 5 minutes	Bike briskly 26 minutes	Bike slowly 5 minutes	36 minutes
WEEK 9 & BEYOND	Bike slowly 5 minutes	Bike briskly 30 minutes	Bike slowly 5 minutes	40 minutes

Diabetes Self-Management, “Planning an Active Summer” by Richard M. Weil, MEd, CDE

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